

Topics

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June

- Fireworks Safety Month
- Men's Health Month
- National Aphasia Awareness Month
- National Scleroderma Awareness Month
- Cataract Awareness Month
- Home Safety Month
- National Candy Month
- Dairy Month
- National Fresh Fruit & Vegetable Month
- National Iced Tea Month
- Zoo and Aquarium Month

The Stars & Stripes
White signifies purity and innocence; red, hardiness and valor; blue signifies vigilance, perseverance and justice.

Facts of the 1500's

Bathing was considered to be a health risk. Most people got married in June because (among other things) they had taken their yearly bath in May and were still smelling pretty good. However, by June they were starting to produce an aroma, so brides carried a bouquet of flowers to help mask any body odor.

A bath equaled a big tub filled with hot water. The man of the house had the privilege of the fresh, clean water. Then all the other sons and men bathed. They were followed by the women, and finally the children. Last of all came the babies. By then the bath water was so dirty you could actually lose someone in it. Hence the expression, "Don't throw the baby out with the bath water,"



Flag Day History

The American Flag symbolizes many things; it symbolizes our freedom, our dignity, the true meaning of being an American, and many more things. It has fought our country's wars, cried our country's cries, and laughed our country's happiness. It has been with us through our war times, our sad times, but mostly our joyful times. The flag has gone through many transactions and changes before it came to be the flag we all know and love today. Actually it took a very long time, from January 1 1776, until August 21, 1960.

On 1 January 1776, the Continental Army was reorganized in accordance with a Congressional resolution which placed American forces under George Washington's control. On that New Year's Day the Continental Army was laying siege to Boston which had been taken over by the British Army. Washington ordered the Grand Union flag hoisted above his base at Prospect Hill. It had 13 alternate red and white stripes and the British Union Jack in the upper left-hand corner (the canton).

According to legend, in 1776, George Washington commissioned Philadelphia seamstress Betsy Ross to create a flag for the new nation. Scholars debate this legend, but agree that Mrs. Ross most likely knew Washington and sewed flags. To date, there have been twenty-seven official versions of the flag, but the arrangement of the stars varied according to the flag-makers' preferences until 1912 when President Taft standardized the then-new flag's forty-eight stars into six rows of eight. The forty-nine-star flag (1959-60), as well as the fifty-star flag, also have a standardized star patterns. The current version of the flag dates to 4 July 1960, after Hawaii became the fiftieth state on 21 August 1959

On 14 June 1777, in order to establish an official flag for the new nation, the Continental Congress passed the first Flag Act: "Resolved, That the flag of the United States be made of thirteen stripes, alternating red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation."

Between 1777 and 1960, Congress passed several acts that changed the shape, design and arrangement of the flag and allowed for additional stars and stripes to be added to reflect the admission of each new state.

Bernard J. Cigrand, known to the general public as the "Father of Flag Day," worked as a school teacher at Stony Hill School in Waubeka, Wisconsin. He held the first unofficial observance for Flag Day at that school in 1885, and today a bust of Cigrand stands in Waubeka at the National Flag Day Americanism Center.

*I pledge allegiance to the flag of the
United States of America*

Cigrand delivered speeches around the country about patriotism and holding an observance for the flag on June 14. He later became the president of the American Flag Day association and the National Flag Day Society. He continued to promote his cause with backing from those organizations. According to amateur historian James L Brown who wrote the booklet, "The Real Bernard J Cigrand; Father of Flag Day," Cigrand once claimed he had given 2,188 speeches on the flag and patriotism. The Chicago Tribune noted that Cigrand "almost single-handedly" established Flag Day.

Although Cigrand is perhaps the most recognized candidate, several others have also claimed to be founders of Flag Day. In 1889 the principal of a free kindergarten, George Bolch, celebrated the anniversary of the Flag resolution at his New York City school. Soon the State Board of Education of New York, the Betsy Ross House in Philadelphia and the New York Society of the Sons of the Revolution celebrated Flag Day too.

In 1983 Elizabeth Duane Gillespie, a descendant of Benjamin Franklin and the president of the Colonial Dames of Pennsylvania, attempted to have a resolution passed deeming June 14 as Flag Day. That same year the Colonial Dames of Pennsylvania were responsible for a resolution passed requiring the American flag to be displayed on all Philadelphia's public buildings. In 1937 Pennsylvania was the first state to make Flag Day a legal holiday.

After Much persistence and the support of many individuals, organizations, mayors, governors and five presidents, Flag Day - the anniversary of the Flag Resolution of 1777 - was officially established by the Proclamation of President Woodrow Wilson on 30 May 1916. While Flag Day was celebrated in various communities for years after Wilson's proclamation, it was not until 03 August 1949, that President Truman signed an Act of Congress designation June 14th of each year as National Flag Day.

In 1927 President Coolidge issued a second proclamation, and finally in 1949 Congress approved it and it became a law.

Soon after Flag Day became official, another law passed requiring the state superintendent of public schools to make sure patriotic holidays like Memorial Day, Flag Day, Lincoln's Birthday and Washington's Birthday are observed in schools.



Two hundred and thirty-six years ago, the United States Army was established to defend our Nation. From the Revolutionary War to the current operations taking place around the world, our Soldiers remain Army Strong with a deep commitment to our core values and beliefs. This 236th birthday commemorates America's Army - Soldiers, Families and Civilians - who are achieving a level of excellence that is truly Army Strong. Being Army Strong goes beyond physical endurance and mental preparedness. It encompasses and indomitable spirit, and high ethical and moral values. These are not only desirable traits in a person, but in a Nation that wishes to live up to the ideals and vision of its founders. We are "America's Army; The Strength of the Nation."

Victims of Torture

Days of JUNE

- June 3** – Corpus Christi (Brazil, Poland – Floating Holiday)
- June 3**– King's Birthday (Malaysia – Floating Holiday)
- June 5** – World Environment Day
- June 5** – Constitution Day (Denmark)
- June 6** – Memorial Day (Korea)
- June 6** – National Day (Sweden)
- June 7** – Bank Holiday (Ireland – Floating Holiday)
- June 12** – Independence Day (Philippines)
- June 12** – Independence Day (Russia)
- June 14** – Flag Day (USA)
- June 14** – Queen's Birthday (Australia/New Zealand)
- June 15** – Tuen Ng (Dragon Boat Festival)
- June 16** – Dragon Boat Festival (Taiwan – Floating Holiday)
- June 16** – Youth Day (South Africa)
- June 20** – Father's Day (USA– Floating Holiday)
- June 21** – Summer Solstice (Floating Holiday)
- June 25** – Midsummer's Eve (Sweden – Floating Holiday)
- June 26** – Midsummer's Day (Sweden – Floating Holiday)
- June 26** – International Day in support of Victims of Torture

The United Nations' (UN) International Day in Support of Victims of Torture is annually observed on June 26 to remind people that human torture is not only unacceptable – it is also a crime. Rehabilitation centers and human rights organizations around the world celebrate the UN's International Day in Support of Victims of Torture on June 26 each year. The day serves as a reminder to people that torture is a crime. This event gives everyone a chance to unite and voice their opinions against human torture.

Organizations, including the International Rehabilitation Council for Torture Victims and Amnesty International, have played an active role in organizing events around the world to promote the day; Activities may include: photo exhibitions; the distribution of posters and other material to boost people's awareness of issues related to human torture; and television advertisements.

It was on June 26, 1987, the Convention against Torture came into force. It was an important step in the process of globalizing human rights and acknowledging that torture and inhuman or degrading treatment or punishment should be universally illegal. In 1997 the United Nations General Assembly decided to mark this historic date and designated June 26 each year as the International Day in Support of Victims of Torture.

The first International Day in Support of victims of Torture was held on June 26, 1998. It was a day when the United Nations appealed to all governments and members of civil society to take action to defeat torture and torturers everywhere. That same year marked the 50th anniversary of the Universal Declaration of Human Rights, which proclaims that "no one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment."

Torture is one of the most profound human rights abuses, taking a terrible toll on millions of individuals and their families. Rape, blows to the soles of the feet, suffocation in water, burns, electric shocks, sleep deprivation, shaking and beating are commonly used by torturers to break down an individual's personality. As terrible as the physical wounds are, the psychological and emotional scars are usually the most devastating and the most difficult to repair. Many torture survivors suffer recurring nightmares and flashbacks. They withdraw from family, school and work and feel a loss of trust.

To learn more about this program and its resources, please visit http://www.acf.hhs.gov/programs/orr/programs/services_survivors_torture.htm or http://www.survivorsoftorture.org/old/resources_info.html



A Healthier You



You are what you eat holds an exquisite site of who and what you are and what example you give. Good health allows you to be successful in many aspects of life. Your health is the most valuable asset you possess.

What determines good health? Several organs in your body performing independently as they should. No illness of any kind to hinder your everyday performance, whether it is minute or massive. Full of life and energy, ready to take on the world. Maintaining excellent health is extremely important for your mind, body, and soul, as well as for the people you come across everyday. Proper hand washing and sanitizing while being courteous with good mannerisms when sneezing or coughing will help eliminate the spread of disease.

Your body is the only body you will have for the rest of your life, take care of it. Exercise is extremely important along with a healthy diet. Physical activity of any kind helps to strengthen your immune system and lower the risks of affluence diseases. It provides you with more energy, maintains your mental health, and gives you positive self-esteem. Nutrients is the substance that enrich your body. Nutrients give you the energy and ability to perform tasks whether they are physical or mental. Find and maintain a healthy diet, ask your doctor what is best for you.

The mind should never stop learning or growing. This does not mean you have to go take a calculus or science class, unless you want to of course. It can be as simple and small as a crossword puzzle or learning a new healthy recipe for dinner. Try something new and learn to appreciate it. Anything that engages the mind and challenges it will do just fine. Whatever your beliefs may be, they should be explored and understood. Talk to people who encompass the same values and way of life. Your spiritual health is another aspect in which your whole person can function properly. Mind, Body and Soul, the important aspects of living and maintaining a healthy lifestyle. One step at a time nourishing each one appropriately.

Along with a healthy nutritious diet, one must consume water and plenty of it. Remember we live in a beautiful desert with dry heat and temperatures ranging in the hundreds during the summer months. Just about 60% of our bodies are made up of water. 85% of the brain, 80% of blood, and 70% of muscle. How much water are you drinking in order to maintain a healthy level of H2O ?

Water allows your body to rid itself of toxins, carries nutrients throughout your body replenishing itself. Your metabolism works better with plenty of water and assists with weight loss. Signs of dehydration can consist of constipation, dry skin, urinary tract infections and headaches. These are usually the first signs of having unhealthy low levels of water. The symptoms can get much worse and lead to a heat stroke. Take of yourself and your troops- Drink Water!



Father's Day

Father's Day, in the United States, is a holiday (third Sunday in June) to honor fathers. Credit for originating the holiday is generally given to Sonora Smart Dodd of Spokane, Washington, whose father, a Civil War veteran, raised her and her five siblings after their mother died in childbirth. She is said to have had the idea in 1909 while listening to a sermon on Mother's Day, which at the time was becoming established as a holiday. Local religious leaders supported the idea, and the first Father's Day was celebrated on June 19, 1910, the month of the birthday of Dodd's father. In 1924 President Calvin Collidge gave his support to the observance, and in 1966 President Lyndon B. Johnson officially proclaimed it a national holiday. Observance on the third Sunday of June was decreed by law in 1972.

Although it was originally largely a religious holiday, Father's Day has been commercialized with the sending of greeting cards and the giving of gifts. Some observe the custom of wearing a red rose to indicate that one's father is living or a white rose to indicate that he is deceased . Other males—for example, grandfathers of uncles who have assumed parenting roles– are often also honored on the day. Some Roman Catholics have continued to observe

Arizona
Events Calendar Day
by Day!

Click on Link

[http://emol.org/arizona/
events/2011/june.html](http://emol.org/arizona/events/2011/june.html)



ARIZONA NATIONAL GUARD

STATE EQUAL EMPLOYMENT MANAGEMENT OFFICE

-Updated 25 May 2011-

Diversity

The Concept of Diversity encompasses acceptance and respect. It means understanding that each individual is unique, and recognizing our individual differences. These can be along the dimensions of race, ethnicity, gender, socioeconomic status, age, physical abilities, religious beliefs, political beliefs, or other ideologies. It is the exploration of these differences in a safe, positive, and nurturing environment. It is about understanding each other and moving beyond simple tolerance to embracing and celebrating the rich dimensions of diversity contained within each individual. We can all learn from each other as we all have something to offer.



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Avenues for Assistance

AZNG Chaplain's Office
Soldier Support Center
Physicians
Inpatient & Outpatient clinics
Wellness Center's at Luke or
Davis Monthan AFB.

Community information Referral
Service
Www.cirs.org
602-263-8856
1-800-352-3792

Military One Source
Www.militaryonesource.com
1-800-342-9647

References

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<http://www.healthfinder.gov/nho/nho.asp#m6>

<http://www.history.com/topics/fathers-day>

<http://www.un.org/events/torture/blkg.htm>

Spꚓcial Emphasis Programs

Would you like to Participate?

You can be a part of the Special Emphasis Programs (SEP's) listed and help assist with the recruitment, selection, development, and career advancement for minority groups and Women in the Federal Government.

What are Special Emphasis Programs?

The programs are federally mandated to help with recruitment, selection, development, and career advancement for minorities and Women in the Federal Government.

What are SEPM's?

The Special Emphasis Program Managers (SEPM's) are collateral duty managers that advise management and other agency officials in the implementation of the programs.